



Commonly Used Acronyms:

ADFM – Active Duty Family Member
ADSM – Active Duty Service Member
BCAC – Benefit Counselor And Coordinator
CONUS – Continental United States
CHAMPUS – Civilian Health And Medical Program
of the Uniformed Services
DCAO – Debt Collection Assistance Officer
DEA – Drug Enforcement Agency
DTF – Dental Treatment Facility
HBA – Health Benefit Advisor
HCIL – Health Care Information Lines
HEAR – Health Enrollment Assessment Review
HMO – Health Maintenance Organization
MTF – Military Treatment Facility
NAS – Non-Availability Statement
PCM – Primary Care Manager
POS – Point Of Service
UCCI – United Concordia Companies, Inc.
USNH – U.S. Naval Hospital
WPS – Wisconsin Physician's Services



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Healthcare Options

TRICARE is the U.S. Military's commitment to taking care of our forces and their families. This program ensures the military "health readiness" of our troops and peace of mind for their families. TRICARE Pacific operates this system in Hawaii and throughout the Pacific.

There are three basic options for obtaining care throughout the system. **TRICARE Prime** is the HMO-style managed care option that offers the most comprehensive benefits at the lowest out of pocket cost to the beneficiary. **TRICARE Standard** is the name for traditional CHAMPUS. The third option, **TRICARE Extra**, is not available overseas.

Prime enrollment is mandatory for active duty service members. Family members who accompany their active duty sponsor on permanent assignment to the Western Pacific are also eligible for



enrollment in TRICARE Pacific Prime. Those family members may obtain the required enrollment form through their local MTF TRICARE representative. There is no fee to enroll active duty family members in TRICARE Prime.

Why enroll in Prime while living in the Pacific?

Prime beneficiaries pay no deductibles, cost-shares or co pays when referred to host nation providers for medical care. If urgent or emergency care is obtained from civilian providers while traveling in CONUS, Prime beneficiaries are not required to make co-payments. Beneficiaries pay a small co-payment for civilian pharmacy prescriptions.

Enrollment and Disenrollment

- Active duty service members must enroll in Prime and may not disenroll from the Prime program.
- WESTPAC active duty family members who enroll in Prime, stay enrolled for the duration of their PCS
- When leaving the Pacific region, remain enrolled until you reach your new permanent duty station.
- At your new duty station, be sure to transfer your enrollment to that region's TRICARE Prime program and select a new PCM.



- Ensure that all pertinent family information is kept current in DEERS (see your Personnel Office) including changes in address and member eligibility.
- Family members wishing to disenroll must notify their TRICARE Service Center in writing.

What about family members who stay in CONUS?

If you are in the Pacific and have eligible family members in other locations, they may be able to enroll in their regional TRICARE Prime program. If Prime is not available at their location, they will be covered by TRICARE Standard. Visiting family members should follow their own regional rules for travelers. MTF care is accessible for visiting family members as appointments permit.

Your Medical Care Costs

Active Duty Service Members must use military medical facilities whenever available. A nominal daily fee is charged for inpatient care. The government will pay all approved medically necessary civilian care. In some cases the ADMS may need to pay the bill and file a claim for reimbursement. ADFMs may be responsible for all costs of obtaining civilian care without appropriate authorization.

As an ADFM Prime Enrollee you don't pay for:



- Military or civilian emergency care
- Inpatient or Outpatient care at an MTF
- Co-payments when referred by your PCM
- Deductibles when referred by your PCM

ADFM Prime Enrollees **do pay substantial deductibles and cost sharing** when choosing non-emergency civilian care without a referral from your PCM. This service is processed as a Point Of Service claim and costs you the following:

**Annual Deductible - \$300 single
\$600 family**

**Cost Share – 50% of allowed charges
plus all disallowed charges**

Eligible Active Duty Family Members **not enrolled in Prime**, have coverage under TRICARE Standard or TRICARE Extra. No enrollment action is required and...

You don't pay for outpatient healthcare at an MTF

You do pay:



- Nominal fee per day for inpatient care at an MTF
- Deductibles and costs according to the following:

	TRICARE Standard for E-4 & below	TRICARE Standard for E-5 & above
Annual Deductible	\$50/ individual or \$100/family	\$150/ individual or \$300/family
Civilian Outpatient Visit	20% of allowable charges	20% of allowable charges
Civilian Inpatient Admission	Greater of \$25 or \$11.90/ day	Greater of \$25 or \$11.90/ day
Civilian Inpatient Mental Health	\$20/ day	\$20/ day

TRICARE Extra coverage is identical to Standard except you pay 15% of a negotiated (discounted) fee for civilian outpatient visits. Extra comes into effect by using a provider from the network. It does not apply in WESTPAC.

Filling Prescriptions

TRICARE does not pay for over-the-counter medicine.



There is no co-payment for Prime prescriptions filled by a host nation pharmacy in WESTPAC. Standard beneficiaries pay the first \$9 or 20%, whichever is higher, for each covered host nation prescription.

You may need to pay for your prescription, especially when traveling (even in CONUS), and file a claim for reimbursement. There is no charge for prescriptions filled at an MTF for either Prime or Standard beneficiaries.

In CONUS all TRICARE beneficiaries pay the following:

MTF prescriptions	\$0
Civilian Retail Network Pharmacy	\$3 for generic 30-day supply \$9 for brand name 30-day supply
Civilian Retail Non-Network Pharmacy	\$9 or 20% of the cost, whichever is higher, for a 30-day supply

The **National Mail Order Pharmacy** benefit is available to all TRICARE beneficiaries. The costs are as follows:



National Mail Order Pharmacy	\$3 for generic 90-day supply \$9 for brand name 90-day supply
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Simply mail your health care provider's original written prescription and your copay to the NMOP. Your medication will be sent to you. Refills are available via mail, phone, or Internet. However, the following considerations are important when ordering from an overseas location:

- Prescribing physicians must be U.S. trained and have a current individual DEA number.
- Medications can only be mailed to an APO or an FPO address.
- Some drugs cannot be mailed due to impact of time and temperature in transit.
- Other restrictions may apply.



TRICARE SERVICE CENTERS

These Service Centers have been established throughout the Pacific and CONUS, to guide you through the TRICARE system and help get your family the health care they need. While traveling outside your home area they can help you find quality health care providers. They can help make sure you follow the guidelines to avoid incurring unnecessary bills. They are, in short, your one stop shop for getting the most from your TRICARE coverage. (See page 25 for numbers)

PRIME MEMBER RESPONSIBILITIES

- Obtain all routine care from your PCM and work with the PCM to coordinate your family's care.
- Get specialist referrals from your PCM.
- Keep DEERS data updated to reflect administrative changes such as address, member eligibility and PCS orders.



- Use the local Health Benefits Advisor or BCAC, as well as the Service Center, to help with benefit questions.
- When you PCS from the Pacific, transfer your family Prime enrollment as soon as possible after arriving at your new station and obtaining a mailing address.

EMERGENCY MEDICAL CARE - JAPAN

When calling from on the installation, call the appropriate number below. Beneficiaries should attempt to call the below listed numbers:

Naval Hospital Yokosuka

Emergency Room	DSN	243-7141
Ambulance Service		116

Atsugi Branch Medical Clinic

Urgent Care Clinic (work hours)	DSN	264-3951
Ambulance Service		119

<u>MEDDAC-Japan (Camp Zama)</u>	DSN	263-4127
Camp Zama Ambulance		911



35th Medical Group (Misawa)

Emergency Room	DSN	226-6647
Ambulance		911

EMERGENCY MEDICAL CARE - JAPAN
(On installation continued)

Branch Medical Clinic Iwakuni

Outpatient Clinic	DSN	253-5572
Emergency		119/ 911
Ambulance (only)		116

Branch Medical Clinic Sasebo

Ambulance (from on-base)		911
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U.S. Naval Hospital Okinawa

Emergency Room (24 hrs)	DSN	643-7338
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Ambulance	911
<u>18th Medical Group Okinawa</u>	
Ambulance	911
<u>374th Medical Group, Yokota</u>	
Base Ambulance	911

EMERGENCY MEDICAL CARE - **JAPAN**

When calling from off the installation:

- Have your local address available
- Dial **119**
- Do not hang up until directed to do so
- Use the following Japanese phrases if helpful

Emergency. Help.	<i>Kyuu~kan desu</i>
I don't speak Japanese.	<i>Nihongo Wakarimasen</i>
Do you speak English?	<i>Eigo wakarimasuka</i>



I need an ambulance. *Kyuu-kyuu`sha O negai shimasu*

Be prepared for the emergency:

- Confirm with your base that the emergency numbers are current.
- Pre authorization is not required for emergency care.
- If you are treated in a host nation hospital, contact the TRICARE Service Center or your unit as soon as possible. Visits by MTF staff or relocation to an MTF may be possible.

EMERGENCY MEDICAL CARE - KOREA

When calling from on the installation, call the appropriate number below:

Military Hospital Emergency Room Services

- 121st General Hospital, Yongsan 737-5545/6001
- 51st Medical Group, Osan 784-2500



Military Health Clinic 24 Hour Urgent Care Services:

- Camp Carroll 765-7954
- Camp Casey 730-6142
- Camp Edwards 734-5365
- Camp Humphreys 753-8111
- Camp Long 721-3770
- Camp Page 721-5636
- Camp Red Cloud 732-7379
- Camp Stanley 732-5621
- Camp Walker 764-4222
- Hialeah Compound 763-7601
- Chinhae U.S. Naval Health Clinic 762-5415
- 8th Medical Group, Kunsan 782-4323/4333

EMERGENCY MEDICAL CARE - KOREA

When calling from off the installation:

- Have your local address available
 - Dial **911**
 - Do not hang up until directed to do so
 - Use the following Korean phrases if helpful
-



Emergency. Help.	<i>Eung Geup! Do Ah Joo Sae Yo!</i>
I don't speak Korean.	<i>Han Gook Mar Mot Hae Yo..</i>
Do you speak English?	<i>Young Uh Ha Sae Yo?</i>
I need an ambulance.	<i>Am Bue Lan Ce Boo Juh Joo Sae Yo!</i>

Be prepared for the emergency:

- Confirm with your base that the emergency numbers are current.
- Pre authorization is not required for emergency care.
- If you are treated in a host nation hospital, contact the TRICARE Service Center or your unit as soon as possible. Visits by MTF staff or relocation to an MTF may be possible.

EMERGENCY MEDICAL CARE - **GUAM**

When Calling from on the installation:

- US Naval Hospital
Emergency Room 344-9232



Military Ambulance (24 hrs.) **911**

- 36th Medical Group 366-3232
Military Ambulance (24 hrs.) **911**

When calling from off the Installation:

- Have your local address available
- Dial 911
- Do not hang up until directed to do so

Be prepared for the emergency:

- Confirm with your base that the emergency numbers are current.
- Pre authorization is not required for emergency care.
- If you are treated in a host nation hospital, contact the TRICARE Service Center or your unit as soon as possible. Visits by MTF staff or relocation to an MTF may be possible.

CARE BY APPOINTMENT

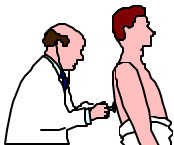


As a Prime enrollee you are provided priority appointments by calling the appointment desk of your primary care manager's clinic during normal duty hours. Please have your sponsor's social security number and your home and work telephone numbers ready.

TRICARE Standard beneficiaries are entitled to non-priority appointments at their local MTF. They can also seek covered outpatient care from any authorized civilian provider. However, if the Standard beneficiary resides within a 40-mile radius of an MTF, inpatient care and some outpatient services will require an NAS from the MTF.

PRIMARY CARE MANAGER

A Primary Care Manager (PCM) is a health care provider or a team member, who will coordinate your health care needs if you are enrolled in Prime. Your PCM will be familiar with you and your family's health care requirements and will assume primary responsibility for meeting those needs.



If you are enrolled in Prime, you must contact your PCM whenever you require care that is not an emergency. Your PCM will provide the care or refer you to a specialist if necessary. In most cases, you cannot refer yourself to a military specialist or civilian care provider. You will be financially responsible for civilian health care services received without the appropriate referral from your PCM.

How soon can I expect to be seen?

TRICARE Prime members are assured of timely care. After contacting your PCM, you can expect:

- Acute care within 24 hour
- Routine Care within 1 week
- Wellness checks within 4 weeks





- Routine referral to a specialist within 30 days, or sooner for more urgent referrals, from the determination of need by your PCM.

MENTAL HEALTH CARE

Prime members may seek up to eight (8) outpatient mental health visits without a referral from their PCM. Prior authorization is needed for nine (9) or more outpatient visits within one calendar year and for all inpatient mental health care.

SPECIALTY SERVICES

A wide range of specialty services is available through TRICARE. In addition to providing referrals to military or civilian specialists, TRICARE case managers can assist with the special logistics of medical transportation and air evacuation for required treatment.

HEALTH ENROLLMENT ASSESSMENT REVIEW (HEAR)



The Health Enrollment Assessment Review for Prime family members (17 and older) provides confidential information to you and your PCM about your current health status. This information will help your health care provider meet your care needs and design wellness programs that will benefit you and your family.

DENTAL CARE

Wherever there is a military Dental Treatment Facility (DTF), family members can request preventive, basic restorative and essential specialty dental care. See your Health Benefits Advisor or DTF staff for more details on how to maintain family dental health.

Active duty sponsors may also enroll their family members in the TRICARE Dental Program with United Concordia Companies, Inc (UCCI). This companion program to TRICARE shares much of the cost if family members are referred to civilian dentists. Premiums are paid by authorizing a nominal monthly payroll deduction. For the claim to be paid by the government under this plan, an NAS must be issued by the local DTF when



using host nation dentists. In countries without a DTF, an NAS must be issued through the Pacific Lead Agency for orthodontic care only. When using this supplemental plan in CONUS, refer to the UCCI brochure for coverage and rules.

LEARNING TO BE HEALTHY

HEALTH AND WELLNESS SERVICES

TRICARE Prime offers a number of programs designed to prevent illness and promote wellness. They can help you stop smoking and tobacco use, eat more nutritiously, relieve stress

and adopt many other positive lifestyle habits. Your PCM can explain the specifics of screening examinations and available wellness services.

EDUCATION PUBLICATIONS

Self care books for you and your children may be available at your local medical treatment facility. These excellent home health references give you practical information to help you decide whether professional medical care is needed. They also



offer you suggested home remedies that may save you an unnecessary trip to the doctor.

HEALTH CARE INFORMATION LINE

The Health Care Information Line (HCIL) is another excellent service of your TRICARE Program. Accessing over 500 audiotapes on health topics or speaking directly to a nurse is as close as your telephone! You can call the HCIL 24 hours a day and at no cost to you. See the HCIL number listed for your country on page 29 of this passport. Not sure if you or your child needs to be seen? Ask the HCIL nurse! Have a health question you need answered? Ask the HCIL nurse!

See the web site www.hcil-online.com/tricare-pacific for accessing HCIL on line registration and information services.

Health Care While Traveling

PRIME ADFM IN THE PACIFIC



If you are near an MTF, contact the local TRICARE Service Center. Telephone numbers for the TRICARE Pacific facilities are listed on pages 25 and 26 of this booklet. All routine care can best be provided by your PCM to maintain better continuity of care for you and to avoid potential point of service cost shares (see page 5).

Call International SOS (+65-6-338-9277) for recommended civilian providers in WESTPAC countries without an MTF. Be prepared to pay for your care in advance or immediately after receiving treatment. If needed, a Health Benefits Advisor at your nearest military treatment facility can provide required forms and assist you in filing your TRICARE claim. **Family member claims**, including a detailed copy of the billing statement (on the provider's letterhead if possible), should be submitted to:

Wisconsin Physician Service (WPS)
Foreign Claims,
P.O. Box 7985
Madison, WI 53707-7985
TEL: (608) 301-2310/2311

PRIME ADFM IN THE CONUS



ADFM's enrolled in TRICARE Pacific Prime will be covered for emergency and urgent care when they travel to the United States. All TRICARE Pacific Prime members are encouraged to visit the nearest military medical treatment facility whenever they need urgent care. When care is not available in a military facility, enrollees should call the TRICARE toll free number of the regional TRICARE Service Center to seek listings of available civilian network providers. Pre-authorization from your PCM is not required when active duty family members seek civilian care in CONUS, except for inpatient mental health and the 9th outpatient mental health visit onward. Beneficiaries **should identify themselves as Pacific Prime Members and always use their Pacific home address** so that claims can be properly routed to WPS for appropriate processing. Claims filed using a stateside address will incur delays in payment.

STANDARD IN THE PACIFIC OR CONUS

In the Pacific call the regional MTF, the closest U.S. Embassy or International SOS to find a suggested healthcare provider. Be prepared to pay in advance, then file claims with WPS (page 21). In CONUS, call the regional toll free customer service lines for a listing of quality network providers or to obtain the local claims filing address. Network providers will file claims for you.

ACTIVE DUTY SERVICE MEMBERS



Active duty service members should always seek care at a military treatment facility first. In WESTPAC countries without an MTF, call International SOS in Singapore for claimless, cashless care from quality providers.

+65-6-338-9277

Contact your nearest HBA for claims assistance when healthcare is received in any other overseas location.

In CONUS, if no military facility is available, active duty service members should contact the **Military Medical Support Office (MMSO)** 888-MHS-MMSO (**888-647-6676**), for guidance when seeking civilian care and to address any fitness for duty issues.

In some cases, the service member may have to pay for the civilian care out of pocket. The government will pay for or reimburse the service member for all medically necessary care. Claims should be directed to:

Wisconsin Physician Service (WPS)
Active Duty Overseas
P.O. Box 7968





Madison, WI 53707-7968
(608) 301-2310/2311

HANDLING BILLS AND CLAIMS

The last thing you want to think about when getting medical care is “Where does the bill or the claim need to be sent?” But if you don’t prepare, the result can be repayment delays to you, unnecessary costs to you, and potential credit problems. So doing the paperwork properly is very important.

Here are a few tips that will help:

- If you receive a bill or collection notice regarding medical care, do something about it immediately! Every MTF has a TRICARE representative, an HBA or a DCAO to assist you.
- Claims sent to the wrong payment agency address cause most bill problems. Refer to **Healthcare While Traveling** (pgs. 21-23) information in this Passport for where claims should be filed. WESTPAC Prime members should keep the **Prime Travel Card** handy while traveling to the CONUS.
- Using a network provider means your whole treatment experience will go smoother. Network providers understand the TRICARE system and will file your claim for you.



- Be prepared to file host nation provider claims in WESTPAC with help, as needed, from your HBA.

TRICARE Service Centers

US Naval Hospital Yokosuka

Commercial: 011-81-6160-43-9528

DSN: 243-9528

374th Medical Group Hospital (Yokota)

Commercial: 011-81-3117-55-6478

DSN: 225-6478

MEDDAC-Japan (Camp Zama)

Commercial: 011-81-3117-63-8197

DSN: 263-8197/4127

35th Medical Group Hospital (Misawa)

Commercial: 011-81-6160-26-6001

DSN: 226-6001

Fax: Commercial 011-81-6160-26-6488

DSN 226-6488

Branch Medical Clinic Atsugi

Commercial: 011-81-6160-64-4686

DSN: 264-4686

Branch Medical Clinic Iwakuni



Commercial: 011-81-6160-53-3126

DSN: 253-3126

Branch Medical Clinic Sasebo

Commercial: 011-81-6160-52-2572

DSN: 252-2572

US Naval Hospital Okinawa Japan

Commercial: 011-81-6117-43-7539/7639/7601

DSN: 643-7539/7639/7601

US Naval Hospital Guam

Commercial: 011-671-344-9425

DSN: 344-9425

36th Medical Group Andersen AFB Guam

Commercial: 011-671-366-6548

DSN: 366-6548

121st General Hospital Seoul, Korea

Commercial: 011-82-7916-8558/9130

DSN: 736-8558/9130

51st Medical Group, Osan, Korea

Commercial: 011-82-333-661-2273

DSN: 784-2273

Branch Medical Clinic, Chinhae, Korea

Commercial: 0553-540-5415



DSN: 762-5415

8th Medical Group, Kunsan AFB Korea

Commercial: 011-82-063-470-5502

DSN: 782-5502

18th MDSS/SGSB, Kadena AFB Guam

Commercial: 011-81-611-730-4026

DSN: 630-4188

TRICARE Customer Service Toll-Free Telephone Numbers:

Alabama Region 4	(800-444-5445)
Alaska.....	Region 12	(800-242-6788)
Arizona (Excluding Yuma)	Region 7/8	(888-874-9378)
Arizona (Yuma)	Region 9	(800-242-6788)
Arkansas	Region 6	(800-406-2832)
California (Northern)	Region 10	(800-242-6788)
California (Southern)	Region 9	(800-242-6788)
Colorado	Region 7/8	(888-874-9378)
Connecticut	Region 1	(888-999-5195)
Delaware	Region 1	(888-999-5195)
District of Columbia	Region 1	(888-999-5195)
Florida (Excluding Panhandle)	Region 3	(800-444-5445)



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Florida (Panhandle)	Region 4	(800-444-5445)
Georgia	Region 3	(800-444-5445)
Hawaii	Region 12	(800-242-6788)
Idaho (Excluding Northern part)	Region 7/8	(888-874-9378)
Idaho (Northern part)	Region 11	(800-404-2042)
Illinois.....	Region 5	(800-941-4501)
Indiana	Region 5	(800-941-4501)
Iowa	Region 7/8	(888-874-9378)
Kansas	Region 7/8	(888-874-9378)
Kentucky	Region 5	(800-941-4501)
Louisiana (Eastern third)	Region 4	(800-444-5445)
Louisiana (Western two thirds)	Region 6	(800-406-2832)
Maine	Region 1	(888-999-5195)
Maryland	Region 1	(888-999-5195)
Massachusetts	Region 1	(888-999-5195)
Michigan	Region 5	(800-941-4501)
Minnesota	Region 7/8	(888-874-9378)
Mississippi	Region 4	(800-444-5445)
Missouri	Region 7/8	(888-874-9378)
Montana	Region 7/8	(888-874-9378)
Nebraska	Region 7/8	(888-874-9378)
Nevada	Region 7/8	(888-874-9378)
New Hampshire	Region 1	(888-999-5195)
New Jersey	Region 1	(888-999-5195)
New Mexico	Region 7/8	(888-874-9378)
New York	Region 1	(888-999-5195)
North Carolina	Region 2	(800-931-9501)
North Dakota	Region 7/8	(888-874-9378)
Ohio	Region 5	(800-941-4501)



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Oklahoma	Region 6	(800-406-2832)
Oregon	Region 11	(800-404-2042)
Pennsylvania	Region 1	(888-999-5195)
Rhode Island	Region 1	(888-999-5195)
South Carolina	Region 3	(800-444-5445)
South Dakota	Region 7/8	(888-874-9378)
Tennessee	Region 4	(800-444-5445)
Texas (Excl Southwest corner)	Region 6	(800-406-2832)
Texas (Southwest corner)	Region 7/8	(888-874-9378)
Utah	Region 7/8	(888-874-9378)
Vermont	Region 1	(888-999-5195)
Virginia (Northern)	Region 1	(888-999-5195)
Virginia	Region 2	(800-931-9501)
Washington	Region 11	(800-404-2042)
West Virginia (Excl NE corner)	Region 5	(800-941-4501)
West Virginia (Northeast corner)	Region 1	(888-999-5195)
Wisconsin	Region 5	(800-941-4501)
Wyoming	Region 7/8	(888-874-9378)
Latin America & Canada.....	888-777-8343 (option #3)	
(Panama, Central America, South America, Puerto Rico & Virgin Islands)		
Europe	888-777-8343 (option #1)	
(Europe, Africa, Middle East, Azores and Iceland)		
Pacific (WESTPAC)	888-777-8343 (option #4)	



HEALTH CARE INFORMATION LINES

JAPAN 800-917-4372 (within CONUS)
0053-111-4621 (within Japan)

GUAM 800-834-9785

KOREA 800-917-9172 (within CONUS)
00308-11-0332 (within Korea)

Seoul DSN: 550-4663

Osan DSN: 550-2200

Kunsan DSN: 550-9000

General Telephone Numbers:

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Stateside Active Duty Claims (MMSO)

888-647-6676

Defense Enrollment Eligibility Reporting System (DEERS) Support
1-800-538-9552 or E-mail: addrifo@osd.pentagon.mil



Health Care Passport 2002

Dental Plan (Family Members) United Concordia Companies, Inc.
www.ucci.com **800-866-8499**

FMDP Customer Service
PO Box 898218
Camp Hill, PA 17089-8218
Overseas Information
Email: oconus@ucci.com
Phone Number- 800-866-8499
717-975-5017

Dental Plan (TRICARE Retiree) Delta Dental **888-838-8737**

Merck-Medco (National Mail Order Pharmacy) **800-903-4680**

TRICARE Management Activity - East (for policy questions and
comments) Communications and Customer Service
703-681-1770

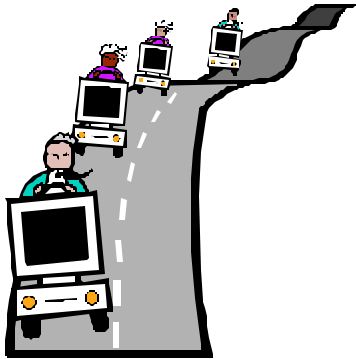
TRICARE Management Activity - Office of Appeals & Hearings
303-676-3749

TRICARE Management Activity - West (for claims and policy
questions) Benefit Services Branch **303-676-3526**

Director, Health Admin Service, DEPT. of VA **800-827-1000**
810 Vermont Ave., NW Washington, DC 20420

TRICARE INFORMATION FROM THE SUPERHIGHWAY

www.tricare.osd.mil/



<http://tricare-pac.tamc.amedd.army.mil/>



TRICARE Regional Web Sites:

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Region1 (Northeast)<http://tricare.northeast.detrick.army.mil>

Region 2 (Mid-Atlantic) <http://www.tma.med.navy.mil>

Region3(Southeast)<http://www.humana-military.com>

Region 4 (Gulf South) <http://hsriv.keesler.af.mil>

Region 5 (Heartland) <http://dodr5www.wpafb.af.mil>

Region 6 (Southwest)
<http://www.tricaresw.af.mil>

Region7/8(Central) <http://web01.region8.tricare.osd.mil>

Region 9 (S. California)..... <http://www.reg9.med.navy.mil>

Region 10 (GoldenGate)... <http://usafsg.satx.disa.mil/~region10>

Region11(Northwest).....<http://tricarenw.mamc.amedd.army.mil>

Europe <http://webserver.europe.tricare.osd.mil>



Latin America<http://www.tricare.osd.mil/tricare/tricarla.html>
Canada



FAMILY MEDICAL NOTES:



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PCM Name:

PCM Phone:

Other Names:



Health Care Passport 2002

This informational booklet was produced through the combined efforts of the Office of the Assistant Secretary of Defense for Health Affairs, TRICARE Pacific Lead Agent, TRICARE Europe and the medical commands in Japan, Okinawa, Korea and Guam.

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